



Serves: 2

Prep time: One day ahead

Spicy Coriander Chicken

Ingredients

- Chicken breasts (2, skinned)
- Cooking oil (1 tsp)*
- Tomatoes (2, sliced)
- Ground black pepper (1/5 tsp)
- Dried oregano (1/5 tsp)
- Seasoning Coriander leaves (2 sprigs, bruised and coarsely chopped)
- Bird's-eye chillies (3, finely chopped)
- Garlic (2 cloves, peeled and chopped)
- Paprika (1/5 tsp)
- Salt (1/5 tsp)
- Ground black pepper (1/5 tsp)
- Water (2 tbsp)
- Chinese parsley (1 sprig, chopped)

*Choose products with the Healthier Choice Symbol.

Method

- Prepare chicken a day in advance, or at least 2 hours before. In a mixing bowl, combine seasoning ingredients and mix well. Add chicken breasts and rub seasoning in thoroughly. If preparing a day ahead, refrigerate and leave to marinate overnight.
- On cooking day, preheat oven to 170°C.
- Lightly grease a baking tray with cooking oil. Lay tomato slices on baking tray, then sprinkle with salt, pepper and oregano. Bake for 10 minutes, or until tomatoes start to blister with juices running. Remove from heat and set aside to cool. Reduce oven temperature to 160°C for baking chicken.
- Heat a frying pan over medium-high heat. Sear chicken breasts on both sides for 30 seconds, then transfer to a baking tray.
- Bake for 12 minutes or until tender.
- Arrange tomato slices on prepared serving plates, and top with chicken breasts.
- Serve hot.

Nutritional Information (per serving):

Energy: 90kcal

Carbohydrates: 3.6g

Fat: 2.6g

Cholesterol: 28mg

Fibre: 1g